



Cedar River Elementary

September 15, 2023

What You Otter Know

Principal's Letter

Hello Otter Families!

I had the privilege of attending our PTO's first general memberships meeting of the year last Monday evening. What a supportive and generous group of parent partners. I encourage all our Otter families to check out our PTO and consider membership. It is such a worthwhile organization that provides several fun activities and community events for our students. Please stop by their table at the Open House on September 21st! On another note, just a friendly reminder that we have spaces designated for handicap parking. Please help us keep these open for those families and individuals for whom that parking is intended. Your consideration is greatly appreciated. Our Otters continue to demonstrate our schoolwide expectations earning Otter Paws and Otterly Amazing Classroom recognition awards. They are confident and eager learners. We are very proud of their hard work! Have a great week.

Warmly,
Fritz Gere
Cedar River Elementary Principal

PTO NEWS

Popcorn Fridays are coming -sign up here- <https://www.signupgenius.com/go/70A0D48A8A72BA1FC1-popcorn1>

Have you become a member? Here is our website for purchasing memberships, yearbooks and for donations for popcorn- <https://cedar-river-elementary-pto.square.site/>

Staff Appreciation- You can find a *Teacher's Favorite Things* list on this link and our Amazon Wishlist to stock the staff room. If you would like to help us stock the staff room with goodies for the staff, use this link- <https://www.crespto.net/programs/staff-appreciation>

Art Docent- Would you like to be an art docent for your child's classroom? Please email our Art Docent Chair, Alaina Weimer @ artdocent@crespto.net Please include your child's teachers name and grade in your email.

O.A.R. Reading Program -Find your reader forms here- <https://www.crespto.net/programs/otters-are-readers>

Are you interested in volunteering?

Adults who volunteer in the classroom, chaperone field trips, sign up as WatchDogs, help with field day or work directly with students in any way, are required to complete an online registration process. Once your online application is complete, your information will be reviewed. Persons may only volunteer after they have received confirmation of approval from the office of the Volunteer Coordinator. [Click here to start the process of getting cleared.](#)

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FITNESS NEWS

The Milligans are having a great start to the year in PE. Students have been excited and eager to participate in all activities. We have reminded all classes to wear appropriate footwear on their PE days so they are able to participate safely and to the best of their ability. If they need to pack a pair of shoes to change into in their backpacks, that is an option as well.

Also, if your child has an injury or illness that prevents or limits them from participation in PE please remember to email a copy or send a copy to school. Their teacher, nurse Chelsi and PE teachers will all need a copy. Thank you for your help with this!

Please see the letter below regarding upcoming fitness testing in October.

*Thank you!
Mr. & Mrs. Milligan
PE Specialists*

Dear Students, Parents, and Guardians,

In PE we continually work to improve fitness levels in three main areas:

1. **cardiorespiratory endurance**
2. **muscular strength and endurance**
3. **flexibility**

Washington State requires fitness testing for students so they can monitor their progress and set goals for improvement. The Tahoma School District's Health and Fitness department has chosen to use the "**Fitnessgram**" program to assess students from 3rd grade through high school. Once students have analyzed the results that they will set realistic improvement goals and plans to reach them. K-2 the activities will be used to build on their future learning in PE, but not for assessment.

The three Fitnessgram assessments are:

Pacer test: students run 15 meters back and forth while keeping pace with the timer that continually decreases the amount of time they have to get back and forth. This measures the student's **cardio respiratory endurance**.

Push up test: students must use proper form and go up and down with the timer. This measures the student's **muscular strength and endurance**.

Sit and Reach: students sit with one leg straight and the other bent and stretch forward as far as possible, then switch legs and try again. This test measures the student's hamstring **flexibility**.

We will complete these assessments in the first two weeks of October. We will re-test 2 more times this year. During PE class, students will analyze their fitness scores, compare them to the fitnessgram range for the healthy standards, find their area of strength, then will select an area that needs improvement.

We encourage families to ask their students about their goals so that they can support them in attaining them.

Thank you for your support!
Mr. and Mrs. Milligan
CRES PE

